

## ZOOM CALENDAR

Below you will find the zoom calendar for January 2023-March 2023.

Please note that the exercise and fitness programs are facilitated in collaboration with the Cumming Centre. If you are interested in attending any of these virtual programs, please send me an email to let me know which courses you would like to participate in so that I can connect you with the Centre as soon as possible.

The CHEP (*Community Health Education Programs*) sessions are in collaboration with our funder's CHSSN. The link to register for the programs are below:

1. **Wednesday, January 18th, 2023 - Topic:** Financial health and stigma: The hidden cost of debt

**Zoom Link:** <https://chssn-org.zoom.us/meeting/register/tZIVde-rpzMuE9Dr91JSLz8MaOs3jPR9pH3l>

2. **Wednesday, February 15<sup>th</sup>, 2023 - Topic:** Keeping your back and spine healthy as you age

**Zoom Link:** <https://chssn-org.zoom.us/meeting/register/tZAvd-CsqTljG9JGV3sIpN-Vos9TTnrxrMEz>

3. **Wednesday, March 15<sup>th</sup>, 2023 - Topic:** Eating well for Preventing and living with Diabetes

**Zoom Link:** <https://chssn-org.zoom.us/meeting/register/tZYof-2hrzsoH9XLoB1zYcMEcSHReCisqq9J>

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## BAKING WITH LAURIE ON SUNDAYS

Please send me an email if you would like to join our zoom baking sessions

JANUARY 15<sup>th</sup>, 2023 (2pm-3pm)

JANUARY 29<sup>th</sup>, 2023 (2pm-3pm)

FEBRUARY 12<sup>th</sup>, 2023 (2pm-3pm)

JANUARY 26<sup>th</sup>, 2023 (2pm-3pm)

MARCH 12<sup>th</sup>, 2023 (2pm-3pm)

MARCH 26<sup>th</sup>, 2023 (2pm -3pm)



# JANUARY 2023 ZOOM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
				<u>12:00pm-1:00pm</u> <b>Rob Lutes</b>
<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<u>11:30am-12:30pm</u> <b>Chair Aerobics</b>	<u>10:00am-11:00am</u> <b>Yoga (Standing/Seated)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<u>11:30am – 12:30pm</u> <b>Yoga (Standing/Seated)</b>  <u>11:30am-12:30pm</u> <b>Balance and Mobility</b>	<u>10:00am-11:00am</u> <b>Tai Chi/ Chi Kung (Beginner)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<u>11:30am-12:30pm</u> <b>Fit Fridays</b>  <u>12:00pm-1:00pm</u> <b>Rob Lutes</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<u>11:30am-12:30pm</u> <b>Chair Aerobics</b>	<u>10:00am-11:00am</u> <b>Yoga (Standing/Seated)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<u>10:00am-11:30am</u> <b>CHEP (Financial health and stigma)</b>  <u>11:30am – 12:30pm</u> <b>Yoga (Standing/Seated)</b>  <u>11:30am-12:30pm</u> <b>Balance and Mobility</b>  <u>1:00pm-2:30pm</u> <b>Tech-Talk!</b>	<u>10:00am-11:00am</u> <b>Tai Chi/ Chi Kung (Beginner)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<u>11:30am-12:30pm</u> <b>Fit Fridays</b>  <u>12:00pm-1:00pm</u> <b>Rob Lutes</b>  <u>1:00pm-2:00pm</u> <b>Talk Fridays</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<u>11:30am-12:30pm</u> <b>Chair Aerobics</b>	<u>9:00am-10:00am</u> <b>Line Dancing (Beginners)</b>  <u>10:00am-11:00am</u> <b>Yoga (Standing/Seated)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<u>11:30am – 12:30pm</u> <b>Yoga (Standing/Seated)</b>  <u>11:30am-12:30pm</u> <b>Balance and Mobility</b>	<u>10:00am-11:00am</u> <b>Tai Chi/ Chi Kung (Beginner)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<u>11:30am-12:30pm</u> <b>Fit Fridays</b>  <u>12:00pm-1:00pm</u> <b>Rob Lutes</b>  <u>1:00pm-2:00pm</u> <b>Talk Fridays</b>
<b>30</b>	<b>31</b>			
<u>11:30am-12:30pm</u> <b>Chair Aerobics</b>  <u>1:00pm-2:00pm</u> <b>Let's Talk Sports</b>	<u>9:00am-10:00am</u> <b>Line Dancing (Beginners)</b>  <u>10:00am-11:00am</u> <b>Yoga (Standing/Seated)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>			

## FEBRUARY 2023 ZOOM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>01</b> 11:30am – 12:30pm <b>Yoga (Standing/Seated)</b>  11:30am-12:30pm <b>Balance and Mobility</b>  3:00pm – 4:30pm <b>Getting comfortable with Technology</b>	<b>02</b> 10:00am-11:00am <b>Tai Chi/ Chi Kung (Beginner)</b>  11:00am-12:00pm <b>Strength + Flexibility</b>	<b>03</b> 11:30am-12:30pm <b>Fit Fridays</b>  12:00pm-1:00pm <b>Rob Lutes</b>  1:00pm-2:00pm <b>Talk Fridays</b>
<b>06</b> <u>11:30am-12:30pm</u> <b>Chair Aerobics</b>  <u>1:00pm-2:00pm</u> <b>Let's Talk Sports</b>	<b>07</b> 9:00am-10:00am <b>Line Dancing (Beginners)</b>  10:00am-11:00am <b>Yoga (Standing/Seated)</b>  11:00am-12:00pm <b>Strength + Flexibility</b>	<b>08</b> 11:30am – 12:30pm <b>Yoga (Standing/Seated)</b>  11:30am-12:30pm <b>Balance and Mobility</b>  3:00pm – 4:30pm <b>Getting comfortable with Technology</b>	<b>09</b> 10:00am-11:00am <b>Tai Chi/ Chi Kung (Beginner)</b>  11:00am-12:00pm <b>Strength + Flexibility</b>	<b>10</b> 11:30am-12:30pm <b>Fit Fridays</b>  12:00pm-1:00pm <b>Rob Lutes</b>  1:00pm-2:00pm <b>Talk Fridays</b>
<b>13</b> <u>11:30am-12:30pm</u> <b>Chair Aerobics</b>  <u>1:00pm-2:00pm</u> <b>Let's Talk Sports</b>	<b>14</b> 9:00am-10:00am <b>Line Dancing (Beginners)</b>  10:00am-11:00am <b>Yoga (Standing/Seated)</b>  11:00am-12:00pm <b>Strength + Flexibility</b>	<b>15</b> 10:00am-11:30am <b>Chep – Back and Spine Topic</b>  11:30am – 12:30pm <b>Yoga (Standing/Seated)</b>  11:30am-12:30pm <b>Balance and Mobility</b>  3:00pm – 4:30pm <b>Getting comfortable with Technology</b>	<b>16</b> 10:00am-11:00am <b>Tai Chi/ Chi Kung (Beginner)</b>  11:00am-12:00pm <b>Strength + Flexibility</b>	<b>17</b> 11:30am-12:30pm <b>Fit Fridays</b>  12:00pm-1:00pm <b>Rob Lutes</b>  1:00pm-2:00pm <b>Talk Fridays</b>
<b>20</b> <u>11:30am-12:30pm</u> <b>Chair Aerobics</b>  <u>1:00pm-2:00pm</u> <b>Let's Talk Sports</b>	<b>21</b> 9:00am-10:00am <b>Line Dancing (Beginners)</b>  10:00am-11:00am <b>Yoga (Standing/Seated)</b>  11:00am-12:00pm <b>Strength + Flexibility</b>	<b>22</b> 11:30am – 12:30pm <b>Yoga (Standing/Seated)</b>  11:30am-12:30pm <b>Balance and Mobility</b>  1:00pm-2:30pm <b>Tech-Talk!</b>  3:00pm – 4:30pm <b>Getting comfortable with Technology</b>  7pm-9:30pm <b>Paint Night – Cardinal Winter</b>	<b>23</b> 10:00am-11:00am <b>Tai Chi/ Chi Kung (Beginner)</b>  11:00am-12:00pm <b>Strength + Flexibility</b>	<b>24</b> 11:30am-12:30pm <b>Fit Fridays</b>  12:00pm-1:00pm <b>Rob Lutes</b>  1:00pm-2:00pm <b>Talk Fridays</b>
<b>27</b> <u>11:30am-12:30pm</u> <b>Chair Aerobics</b>  <u>1:00pm-2:00pm</u> <b>Let's Talk Sports</b>	<b>28</b> 9:00am-10:00am <b>Line Dancing (Beginners)</b>  10:00am-11:00am <b>Yoga (Standing/Seated)</b> 11:00am-12:00pm <b>Strength + Flexibility</b>			

March 2023 ZOOM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>01</b> <u>11:30am – 12:30pm</u> <b>Yoga (Standing/Seated)</b>  <u>11:30am-12:30pm</u> <b>Balance and Mobility</b>  <u>3:00pm – 4:30pm</u> <b>Getting comfortable with Technology</b>	<b>02</b> <u>10:00am-11:00am</u> <b>Tai Chi/ Chi Kung (Beginner)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<b>03</b> <u>11:30am-12:30pm</u> <b>Fit Fridays</b>  <u>12:00pm-1:00pm</u> <b>Rob Lutes</b> <u>1:00pm-2:00pm</u> <b>Talk Fridays</b>
<b>06</b> <u>11:30am-12:30pm</u> <b>Chair Aerobics</b>  <u>1:00pm-2:00pm</u> <b>Let's Talk Sports</b>	<b>07</b> <u>9:00am-10:00am</u> <b>Line Dancing (Beginners)</b>  <u>10:00am-11:00am</u> <b>Yoga (Standing/Seated)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<b>08</b> <u>11:30am – 12:30pm</u> <b>Yoga (Standing/Seated)</b>  <u>11:30am-12:30pm</u> <b>Balance and Mobility</b>  <u>3:00pm – 4:30pm</u> <b>Getting comfortable with Technology</b>	<b>09</b> <u>10:00am-11:00am</u> <b>Tai Chi/ Chi Kung (Beginner)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<b>10</b> <u>11:30am-12:30pm</u> <b>Fit Fridays</b>  <u>12:00pm-1:00pm</u> <b>Rob Lutes</b>  <u>1:00pm-2:00pm</u> <b>Talk Fridays</b>
<b>13</b> <u>11:30am-12:30pm</u> <b>Chair Aerobics</b>  <u>1:00pm-2:00pm</u> <b>Let's Talk Sports</b>	<b>14</b> <u>9:00am-10:00am</u> <b>Line Dancing (Beginners)</b>  <u>10:00am-11:00am</u> <b>Yoga (Standing/Seated)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<b>15</b> <u>10:00am-11:30am</u> <b>Chep – Eating well (diabetes related)</b>  <u>11:30am – 12:30pm</u> <b>Yoga (Standing/Seated)</b>  <u>11:30am-12:30pm</u> <b>Balance and Mobility</b>	<b>16</b> <u>10:00am-11:00am</u> <b>Tai Chi/ Chi Kung (Beginner)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<b>17</b> <u>11:30am-12:30pm</u> <b>Fit Fridays</b>  <u>12:00pm-1:00pm</u> <b>Rob Lutes</b>  <u>1:00pm-2:00pm</u> <b>Talk Fridays</b>
<b>20</b> <u>11:30am-12:30pm</u> <b>Chair Aerobics</b>  <u>1:00pm-2:00pm</u> <b>Let's Talk Sports</b>	<b>21</b> <u>10:00am-11:00am</u> <b>Yoga (Standing/Seated)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<b>22</b> <u>11:30am – 12:30pm</u> <b>Yoga (Standing/Seated)</b>  <u>11:30am-12:30pm</u> <b>Balance and Mobility</b>  <u>1:00pm-2:30pm</u> <b>Tech-Talk!</b>  <u>7pm-9:30pm</u> <b>Paint Night – Sweet Sangria</b>	<b>23</b> <u>10:00am-11:00am</u> <b>Tai Chi/ Chi Kung (Beginner)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<b>24</b> <u>11:30am-12:30pm</u> <b>Fit Fridays</b>  <u>12:00pm-1:00pm</u> <b>Rob Lutes</b>  <u>1:00pm-2:00pm</u> <b>Talk Fridays</b>
<b>27</b> <u>11:30am-12:30pm</u> <b>Chair Aerobics</b>  <u>1:00pm-2:00pm</u> <b>Let's Talk Sports</b>	<b>28</b> <u>10:00am-11:00am</u> <b>Yoga (Standing/Seated)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<b>29</b> <u>11:30am – 12:30pm</u> <b>Yoga (Standing/Seated)</b>  <u>11:30am-12:30pm</u> <b>Balance and Mobility</b>	<b>30</b> <u>10:00am-11:00am</u> <b>Tai Chi/ Chi Kung (Beginner)</b>  <u>11:00am-12:00pm</u> <b>Strength + Flexibility</b>	<b>31</b> <u>11:30am-12:30pm</u> <b>Fit Fridays</b>  <u>12:00pm-1:00pm</u> <b>Rob Lutes</b>

